

## Share your room with baby, **NOT** your bed!

Babies should not sleep in a bed, on a couch, on a chair, or with other children. Your baby may get caught under the pillows or blankets and not be able to move or breathe. Also your baby may get trapped in the space between the mattress and wall, headboard, footboard, or bed railings.



Providing a safe sleeping environment is the single most important step you can take to reduce your baby's risk of SIDS, suffocation, and accidental death.



[www.scdhec.gov](http://www.scdhec.gov)

*Promoting and protecting the health of the public  
and the environment.*

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*Concept developed by the Baltimore City Health Department.*



*South Carolina Department of Health and Environmental Control*

A

## Alone

Not with other people, pillows, blankets, or stuffed animals.

B

## on my Back

Not on the stomach or side.

C

## in my Crib

Not on an adult bed, sofa, cushion, or other soft surface.



## Safe Sleeping Tips

- **Back to Sleep for infants:** Always place your baby on his/her back to sleep for naps and at night.
- **Use a firm sleep surface:** Use a safety approved crib mattress covered by a fitted sheet.
- **Keep soft objects, toys, and loose bedding out of baby's sleep area:** no blankets or bumper pads.
- **Do NOT allow smoking around your baby:** Do not smoke during pregnancy and never allow smoking around your baby.
- **Think about using a clean, dry pacifier when placing baby down to sleep:** Introduce pacifier at sleep after one month of age and/or after breastfeeding has been established.
- **Avoid overheating your baby:** Keep room at a comfortable temperature.